

## Vegetable Dip

Recipe created by Rita Norris, Ivy Tech Culinary Student

Preparation Time: 10 minutes

Makes: 1 ½ cups

Serving Size: 1 Tablespoon

### **Ingredients:**

- 1 cup low-fat cottage cheese
- ½ cup plain low- or non-fat yogurt
- ½ teaspoon fresh dill weed, chopped
- 1 garlic clove, minced
- 2 green onions, chopped
- 1 ½ Tablespoons fresh parsley, chopped

### **Directions:**

1. Place cottage cheese in food processor or blender and blend until smooth.
2. Add yogurt, dill weed, garlic clove, green onions, and parsley and process until mixed well.
3. CCP: Chill and serve at 41°F or below with a variety of fresh vegetables.